



Location

123 North Center Street
Lehi, UT 84043

P 385.201.1065

Hours

Monday-Thursday
7:00 am - 3:00 pm

Friday
7:00 am - 2:00 pm

Website www.lehi-ut.gov/recreation/seniors

www.facebook.com/LehiSeniorCenter

SPRING HAS SPRUNG!!!

As the weather gets warmer, the Senior Center gets busier! We'd love to have you join us this month for Classes, Outings, Events and more as we **SPRING** into fun!

Check out this newsletter for details on all our offerings. Can't wait to have you join us!

TRIPS & OUTINGS



Trains and Treats– Day Trip to Heber

Thursday, April 4

9:30 am –4:00 pm

We have only a couple spots left! Call the Senior Center if you are interested, or be put on our waiting list.

All Aboard! Today we will ride the historic Heber Valley Railroad. After, we will taste some of the local treats as we visit the Artisan Cheese Factory and Mrs. Call's Chocolate Factory. It's sure to be a fun time!

Wheeler Farm– Day Trip

Wednesday, May 15

9:00 am –3:00 pm (subject to change)



We are excited to tour Wheeler Farm. We'll check out their Country Store, cow milking, wagon ride and more! Stay tuned for more details, exact pricing and times.

Tuacahn Overnight Trip– Register Now!

June 4-6

Join the fun of Tuacahn and St. George! We will see wonderful and professional theater while staying in a great hotel with an amazing, free breakfast buffet.

Trip includes: 2 Nights at Best Western Plus Abbey Inn, Transportation (deluxe motor coach), One Tuacahn Show (Little Mermaid), Bingo, One Dinner & Dinner Gratuity, Free & Hot Hotel Breakfast, Heated Outdoor Hotel Pool, Historic St. George LIVE! tour. And more!

We will leave the Senior Center at 8:00 am on Tuesday, June 4 and come back on Thursday, June 6 about 5 pm.

Prices vary depending on room accommodations and membership, but will be around \$300-\$350. We make it well worth it and can't wait to play with you.

LEHI SENIOR CENTER

TUACAHN OVERNIGHT TRIP

Expect the unforgettable!
Tuacahn Theater is an intimate, outdoor theater that uses the gorgeous natural red rock as it's backdrop. Join us for "Broadway in the Canyons"!

WHO: Adults ages 55+

DATE: June 4-6, 2019

TIME: Leave from Lehi Senior Center @ 8:00 a.m. on Tuesday & return to Lehi before 5:00 p.m. on Thursday

PRICE: See next page for prices & detailed itinerary

INCLUDES: 2 Nights at Best Western Plus, Transportation (deluxe motor coach), One Tuacahn Show (Little Mermaid), Bingo, One Dinner & Dinner Gratuity, Free & Hot Hotel Breakfast, Heated Outdoor Hotel Pool, Historic St. George LIVE! tour. And more!

SHOWS THIS SEASON:

Little Mermaid

When You Wish

LEHI CITY

SEE NEXT PAGE FOR SHOW & PRICING DETAILS

EVENTS & EXTRAS

Bunco Bash and Games (FREE!)

Tuesday, April 9

12:30 pm

FREE to play!

Sign up to join the fun of Bunco! No experience needed. This game is fun and easy to learn.

We will have other games to play as well. Let Jan know if you'd like to come for lunch before the games begin.

This is free to play for Senior Center Members.

Prizes and treats are included. See you there!



Monday Movie Mania

"Easter Parade"

Monday, April 15

12:30 pm

FREE to attend



Join us for a movie with Monday Movie Mania!

We show old classics you know and love and a few recent flicks too. Come for lunch, stay for a movie!

Or just come for the show! Bring your own snacks if you'd like, but we will have popcorn!

This month we will watch "Easter Parade". This MGM classic starts Fred Astaire and Judy Garland. A famous dancer has to train a new partner when his first partner leaves to go out on her own career.

Making Friends with Technology Weeks

April 8-12, 16-18

1:00 or 1:30 pm—depending on the class

Free to Attend with Senior Center Membership

Technology can be a blessing or a curse. Come learn a little more about your devices, internet safety, social media and more to help change technology into a friend and not a burden. We have a different topic each day so you can pick and choose what you want to learn more about. Please check out a flyer online or from the senior center to get the descriptions of each class and more details. It is recommended that you bring your own phone or device to the classes. You can register for each class by calling 385-201-2349 or stopping by the Senior Center.



Mon. April 8	Tues. April 9	Wed. April 10	Thur. April 11	Fri. April 12	Tues. April 16	Wed. April 17	Thur. April 18
1:-2:30 pm	1:30-3 pm	1-2:30 pm	1:30-3 pm	1-2:30 pm	1:30-3 pm	1-2:30 pm	1:30-3 pm
Tablet Training	Apple iPhone training	Android Smart phones	Email & Photo Basics	Passwords & Internet Safety	Digital Organiza- tion	Facebook	Youtube

For more information on these presentations, call us or pick up a flyer at the senior center.

SPECIAL ACTIVITIES & PRESENTATIONS

Medicare & Molina

Tuesday, April 2

11:00-12:00 pm

A Health Care Rep will be here every 1st Tuesday of the month to offer info on ANY Medicare, Medicaid or insurance. She will give a brief presentation and then offer consulting and free giveaways. Come stop by her table.

Lehi City Expo

Thursday, April 25

4:00-7:00 pm

Held at the Legacy Center, this annual event is a great way to see what the city departments have to offer. Stop by for information and free goodies.

Alert Utah/ Choice Home Medical

Friday, April 5

12:30 pm



Alert Utah and Choice Home Medical is a local company that provides individuals with a variety of medical alert buttons, medication dispensers, and medical supplies. Our goal is to help people maintain independence and integrity no matter what they are dealing with medically or wherever they may be living. The services allow people to maintain as much freedom in their life as possible. We'd love to show you how we can make your life a little easier when you face some of the difficult transitions in life.

Birthday Celebration

Friday, April 26

12:00 pm

RSVP for Lunch

On the 4th Friday of every month, we have a small birthday celebration for all those who had a birthday during the month!

Join us for lunch on *Friday, April 26* to enjoy a sweet treat, and sing happy birthday together! *Be sure to call ahead to reserve your lunch.*

If we've missed your birthday, let us know so we can update our records. Have a great month!



Suzanne Langlois	April 1	Frank Cowan	April 19
Janice Pederson	April 4	Cindy McAdams	April 19
Joan Johnson	April 4	Wanda Findlay	April 20
Dann Fryer	April 4	Nelda Bingham	April 21
John Haug	April 5	Julianna Sheldrake	April 22
Kathy Symes	April 6	Carol Houghton	April 25
Steve Shepherd	April 6	Gay Smith	April 25
Jan Kirkham	April 7	Marlene Henry	April 27
Lynn Carey	April 8	Judy Robertson	April 27
Dixie Oviatt	April 9	Nancy Robertson	April 27
Lynette Jones	April 10	Erma Rae Cawley	April 28
Bobbie Fluke-Fabish	April 10	Jim Van Zant	April 28
Daryl Bohnstedt	April 12	Victor Palmer	April 30
Rita Smith	April 15		
Judy Parisi	April 16		
Grant Hunsaker	April 17		
Dennis French	April 18		



Senior Center Closure Dates

The Senior Center will be closed on the following day(s):

- Monday, May 27:
Memorial Day



NEW WEEKLY CLASSES!

TAI CHI: On *Tuesdays*, the Tai Chi class will be perfect for new comers. They will have lots of instruction and focus on elements of movements, posture and history of Tai chi. *Thursdays* will focus on practice and have less verbal instruction. We will continue our Monday and Wednesday classes as well and encourage all to come.

SIGN LANGUAGE: On Wednesdays at 11 am, we will start a new club or class. Carol will be teaching the basics of sign language- a great skill to help communicate with hard of hearing or non-hearing family or friends. Come check it out!

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APRIL MENU

JAN - SENIOR CENTER 385-201-1065

UNITED WAY BUS 801-374-9306

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs Rice Carrots Fruit Cocktail Roll 	2 Meatloaf Garlic Mashed Potatoes Corn Orange Roll	3 Corn Chowder Green Beans Peaches Corn Bread 12:15 PIZZA RAFFLE	4 Rigatoni / Meat Sauce Tossed Salad / Dressing Green Beans Garlic Bread Applesauce 	5 Roast Pork Au Gratin Potatoes Carrots Mandarin Oranges Rolls
8 Sweet & Sour Chicken White Rice Stir Fried Vegetables Apple Roll 	9 Soft Shell Taco Ground Beef, Tomatoes, Olives, Nacho Cheese Refried Beans, Salsa Mandarin Oranges	10 Chicken Pot Pie / Biscuit Peaches Brownie 12:15 PIZZA RAFFLE	11 Cheesy Beef Lasagna Green Beans Garlic Bread Jello w/ Fruit 	12 Roast Turkey Garlic Potatoes/Gravy Carrots Pears Roll
15 Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Pears / Roll 	16 Malibu Chicken Au Gratin Potatoes Corn Mandarin Oranges / Roll	17 Beef & Vegetable Stew Tossed Salad / Dressing Corn Bread Muffin Peaches 12:15 PIZZA RAFFLE	18 Hawaiian Haystacks Tomatoes, Peas, Cheese Celery, Pineapple, Rice California Blend Vegetables	19 EASTER LUNCHEON Ham Scaloped Potatoes Beets / Corn Bread Tropical Fruit / Brownie 
22 Battered Fish Filet w/ Tartar Sauce Potato Wedges Carrots Orange Roll 	23 Chicken Salad Wrap Italian Pasta Salad Pickles Peaches Brownie	24 BBQ Pulled Pork Au Gratin Potatoes Corn Apple Roll 12:15 PIZZA RAFFLE	25 Shepherd's Pie Carrots Cottage Cheese w/ Fruit Brownie	26 Garlic Roast Beef Baby Potatoes / Gravy Peas Peaches Roll 
29 Beef Chili w/ Cheese Broccoli Corn Bread Fruit Crisp 	30 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 	ALTERNATE MEALS April 1 - 5 Chef's Salad April 8 - 9 Broccoli Soup w/ Turkey Sandwich April 10 - 12 Vegetable Soup w/ Turkey Sandwich April 15 - 19 Chef's Salad April 22 - 23 Chicken & Rice Soup w/ Sandwich April 24 - 26 Minestrone Soup w/ Turkey Sandwich April 29 - 30 Chef's Salad		
BIRTHDAY CELEBRATION MEALS MUST BE CALLED INTO THE CENTER BY NOON THE DAY BEFORE TO RESERVE A MEAL 385-201-1065				

ACTIVITIES CALENDAR

**TO REGISTER FOR
ACTIVITIES CALL: 385-201-1065**

ACTIVITIES CALENDAR April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Computer & Family Hstry</div> <div>1-on-1 help available wklly</div> <div>*call for appointment</div> <div>10:30-11:30 Tai Chi (video)</div> <div>1</div>	<div>10:15 Crochet Club</div> <div>11 Medicare Presentation</div> <div>11:30 Medicare & Molina booth</div> <div>11:30-12:00 BINGO</div> <div>12:30-1:30 Tai Chi (Live)</div> <div>2</div>	<div>10:30-11:30 Mindfulness & Meditation Class</div> <div>11-12 Learn Sign Language</div> <div>12:15 - PIZZA RAFFLE</div> <div>must attend lunch to enter</div> <div>3</div>	<div>9:30-12:00 Watercolor</div> <div>11-12 Quilting Club</div> <div>12:30-1:30 Tai Chi (Live)</div> <div>Heber Creeper Train Ride- 9:30 am-4:00 pm</div> <div>4</div>	<div>10-11 Line Dance</div> <div>11:30-12:00 BINGO</div> <div>12:30 Home Medical Pres.</div> <div>5</div>
"Making Friends With Technology" Week! ONE Apr 8-12				
<div>Computer & Family Hstry</div> <div>1-on-1 help available wklly</div> <div>*call for appointment</div> <div>10:30-11:30 Tai Chi (video)</div> <div>8</div>	<div>10:15 Crochet Club</div> <div>11:30-12:00 BINGO</div> <div>12:30-1:30 Tai Chi (Live)</div> <div>12:30 -BUNCO BASH & Games</div> <div>9</div>	<div>10:30-11:30 Mindfulness & Meditation Class</div> <div>11-12 Learn Sign Language</div> <div>12:15 - PIZZA RAFFLE</div> <div>must attend lunch to enter</div> <div>10</div>	<div>11-12 Quilting Club</div> <div>12:30-1:30 Tai Chi (Live)</div> <div>11</div>	<div>10-11 Line Dance</div> <div>11:30-12:00 BINGO</div> <div>11:00-12:00 B/P Clinic</div> <div>12</div>
<div>Tablet Training</div> <div>1:00-2:30 p.m.</div> <div>15</div>	<div>APPLE Iphone Training</div> <div>1:30-3:00 p.m.</div> <div>16</div>	<div>Android smartphone Training</div> <div>1:00-2:30 p.m.</div> <div>17</div>	<div>Email & Photo Basics</div> <div>1:30-3:00 p.m.</div> <div>18</div>	<div>Passwords & Internet Safety</div> <div>1:00-2:30 p.m.</div> <div>19</div>
<div>Computer & Family Hstry</div> <div>1-on-1 help available wklly</div> <div>*call for appointment</div> <div>10:30-11:30 Tai Chi (video)</div> <div>12:30 Monday Movie Mania! Easter Parade</div> <div>22</div>	<div>10:15 Crochet Club</div> <div>11:30-12:00 BINGO</div> <div>12:30-1:30 Tai Chi (Live)</div> <div>Digital Organization</div> <div>1:30-3:00 p.m.</div> <div>23</div>	<div>10:30-11:30 Tai Chi (video)</div> <div>11-12 Learn Sign Language</div> <div>12:15 - PIZZA RAFFLE</div> <div>Facebook</div> <div>1:00-2:30 p.m.</div> <div>24</div>	<div>11-12 Quilting Club</div> <div>12:30-1:30 Tai Chi (Live)</div> <div>*Lehi City Expo* at the Legacy Center 4-7pm</div> <div>Youtube</div> <div>1:30-3:00 p.m.</div> <div>25</div>	<div>10-11 Line Dance</div> <div>11:30-12:00 BINGO</div> <div>11:00-12:00 B/P Clinic</div> <div>12:00 Birthday Celebration</div> <div>26</div>
<div>Tech help available wklly</div> <div>*call for appointment</div> <div>10:30-11:30 Tai Chi (video)</div> <div>29</div>	<div>10:15 Crochet Club</div> <div>11:30-12:00 BINGO</div> <div>12:30-1:30 Tai Chi (Live)</div> <div>30</div>	<div>COMING IN MAY:</div> <div>- EVENT: Golf Outing</div> <div>- TRIP: Wheeler Farm</div> <div>- TRIP: Dinner Night Out</div> <div>REGISTER NOW FOR TUACAHH:</div> <div>JUNE 4-6, 2019</div> <div>See "Little Mermaid" and "When you Wish"</div> <div>Payment due by May 3rd.</div>		

WEEKLY CLASSES & CLUBS

***Classes with a red asterisk require call-ahead registration**

Crochet Club	Tuesdays 10:15 a.m.
Tai Chi Class	Mondays & Wednesday 10:30 a.m. Tuesdays & Thursdays 12:30 p.m.
Watercolor Class *	Thursdays 9:30 a.m. - noon <i>(May 2, 9, 16, 23)</i>
BINGO	Tues & Fri 11:30 a.m.
Humanitarian Quilt-Tying Club	Thursdays 11:00 a.m.
Line Dancing	Fridays 10:00 a.m.
Blood Pressure Clinics	Fridays 11:00 a.m. - noon
Family History 1-on-1 help *	By Appointment
Computer 1-on-1 help *	By Appointment
Lunch *	Monday - Friday served at Noon <i>Call by noon the day before to make a reservation</i>
Free Indoor Track (Legacy Center)	Monday - Friday 10am-2pm
Billiards Room	Available during open hours
Card Playing Club	Tuesdays & Fridays - 9:30 am
Sign Language Basics	Wednesdays 11:00 am



Our Tai Chi classes are great for all skill levels

FREE FOOD DONATIONS

Pizza Give-Away!

Wednesdays- during Lunch

Every Wednesday during lunch we will be raffling off Pizza Hut pizzas (pizzas will be frozen). Pizzas are awarded one per family.

[See conditions below:](#)

You **MUST** attend lunch in order to have your name entered into the pizza drawing. This means you **MUST RSVP** for lunch by 12:00 p.m. the day before.

No names will be entered into the raffle unless you have RSVP'd for lunch.

The number of pizzas raffled each week will vary.

Raffle items may include: pizzas, pasta, breadsticks, and more.

Only one name entry per family (additional entries cannot be purchased or requested).

Food Donations

Weekly

FREE FOOD!!! Mondays, we get Auntie Annie's pretzels, pretzel bites, and flavored pretzels. These are donated to us to eat, distribute, share and take home. Please stop by to pick up a bag.

Wednesdays, we get various food and grocery items donated from Tabitha's Way. Items may include: breads, produce, cakes, vegetables, canned goods, and more. Please stop by and pick up items!

Please be respectful of **ALL** our patrons in sharing the opportunity to receive this benefit by taking only a few items. Please bring your own bags to carry out the items. Although we try to be consistent, there are days that items will not be picked up. If desired- call ahead to make sure items are here.

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CONTACT

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wclough@lpseniors.com or (800) 950-9952 x2635



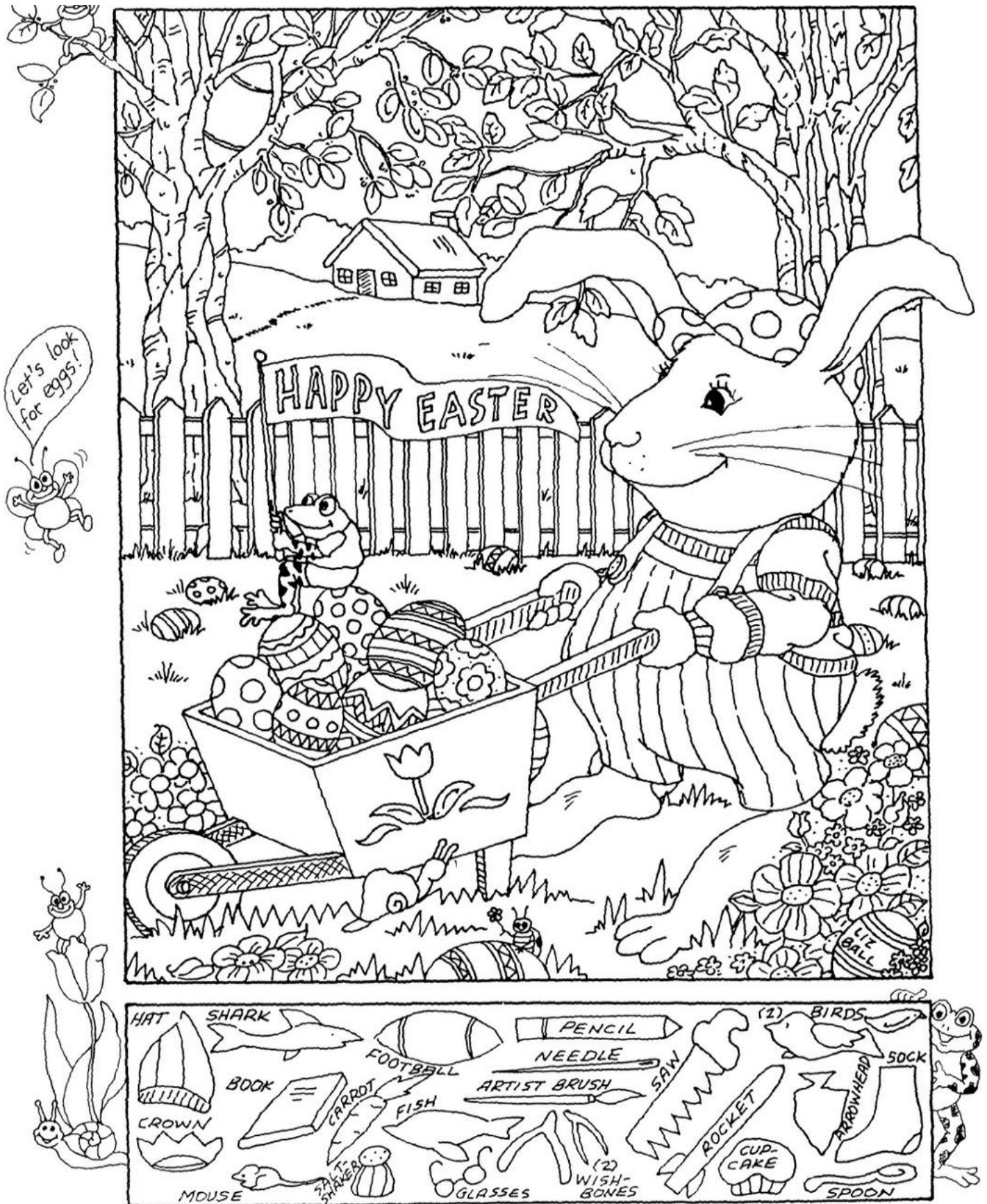
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www.ourseniorcenter.com

JUST FOR FUN

Instead of hunting eggs for Easter, see if you can find these hidden items in the picture.



COMING UP...

Stay tuned for upcoming events and activities

May: Golf Outing to Fox Hollow Golf Course

Date and Time: TBA

May: Day Trip to Wheeler Farm

Date: Wednesday, May 15

Time: 9am—3 pm (subject to change)

May: Dinner Night Out

Date and Time: TBA



June: Tuacahn Overnight Trip. Registration Opens Now!

Date: June 4-6

Registration closes on May 3.

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